

Table S3 Changes of physical strength and body components in the subjects from the baseline to PiPy according to BMI values

Gender	Variable	BMI	Baseline	PiPy	Changes	P-value
Male	Run 50 meters (sec)	<18.5	7.4±0.37	7.37±0.4	0.03±0.31	0.357
		18.5-23.9	7.43±0.42	7.41±0.39	0.35±0.35	<0.001
		>24.0	7.78±0.6	7.7±0.46	-12.3±12.58	<0.001
	Run 1000 meters for	<18.5	3.95±0.44	3.6±0.31	-6.16±8.76	<0.001
		18.5-23.9	3.98±0.43	3.62±0.32	-6.27±5.93	<0.001
		>24.0	4.38±0.59	3.97±0.44	-2.8±3.23	<0.001
	Standing long jump	<18.5	222.88±18.07	235.19±19.33	-3.03±2.47	<0.001
		18.5-23.9	221.75±19.76	233.46±17.18	-1.83±1.48	<0.001
		>24.0	206.48±18.55	221.78±19.04	-0.08±0.18	<0.001
	Handgrip (n)	<18.5	34.31±6.92	40.47±10.62	-0.37±0.93	<0.001
		18.5-23.9	37.37±7.5	43.34±9.23	0.03±0.31	0.138
		>24.0	38.88±7.24	43.73±10.04	0.36±0.33	<0.001
	Sit and reach (cm)	<18.5	6.8±7.89	13.07±8.71	-	<0.001
		18.5-23.9	7.59±8.11	15.28±7.83	-5.97±8.74	<0.001
		>24.0	7.15±7.19	14.26±7.23	-7.69±6.97	<0.001
Pull-up for males (n)	<18.5	4.28±3.34	7.08±4.08	-1.64±3.11	<0.001	
	18.5-23.9	4.29±4.08	5.93±4.37	-1.59±3	<0.001	
	>24.0	1.45±2.1	3.51±3.14	-1.17±2.18	<0.001	
Relative fat value (%)	<18.5	5.7±3.19	8.73±3.37	-0.04±0.46	0.091	
	18.5-23.9	13.6±5.16	15.19±4.59	-0.21±0.99	<0.001	
	>24.0	24.59±5.51	25.05±5.12	0.08±0.42	<0.001	
Absolute fat value (%)	<18.5	3.07±1.82	4.9±2.16	0.41±0.39	<0.001	
	18.5-23.9	8.78±3.78	9.96±3.61	-15.3±12.64	<0.001	
	>24.0	20.74±6.44	20.85±6.3	-4.85±9.86	<0.001	
Visceral fat (%)	<18.5	0.79±0.16	0.87±0.22	-7.11±6.41	<0.001	
	18.5-23.9	1.11±0.45	1.15±0.44	-2.06±2.86	<0.001	
	>24.0	2.31±0.91	2.05±0.91	-0.46±3.67	0.113	
Skeletal muscle content	<18.5	22.69±2.5	23.07±2.36	-0.1±3.53	0.712	
	18.5-23.9	25.62±2.75	25.83±2.58	0.26±0.66	<0.001	
	>24.0	29.99±3.14	29.43±2.94	0.56±1.01	<0.001	
Female	Run 50 meters (sec)	<18.5	9.3±0.71	8.92±0.38	0.38±0.55	0.002
		18.5-23.9	9.39±0.6	9.09±0.52	0.44±0.32	<0.001
		>24.0	9.38±0.25	9.25±0.51	-9.97±11.6	<0.001
	Run 800 meters for	<18.5	3.94±0.39	3.5±0.31	-3.49±4.12	<0.001
		18.5-23.9	3.99±0.41	3.58±0.3	-6.94±6.63	<0.001
		>24.0	4.17±0.64	3.8±0.5	-4.31±5.75	<0.001
	Standing long jump	<18.5	165.38±15.23	175.34±11.93	-1.13±1.88	0.003
		18.5-23.9	161.08±15.61	170.73±15.83	-1.07±0.98	<0.001
		>24.0	156.64±16.96	163.64±14.25	0.02±0.08	0.122
	Handgrip (n)	<18.5	21.44±4.64	24.93±4.37	-0.85±0.78	<0.001
		18.5-23.9	23.52±5.69	27.3±7.14	0.3±0.43	<0.001
		>24.0	25.47±4.18	29.54±6.51	0.41±0.27	<0.001
	Sit and reach (cm)	<18.5	10.83±5.37	17.77±6.07	-9.65±10.79	<0.001
		18.5-23.9	10.84±8.07	17.77±6.95	-3.78±8.5	<0.001
		>24.0	11.66±4.32	19.96±5.13	-6.93±7.26	<0.001
Sit-up for females (n)	<18.5	33.72±11.2	38.03±9.07	-3.41±9.02	<0.001	
	18.5-23.9	32.36±10.14	35.77±7.63	-0.32±1.94	0.079	
	>24.0	28.93±10.96	32.79±8.63	-0.77±1.54	<0.001	
Relative fat value (%)	<18.5	22.96±3.84	24.09±3.17	-0.02±0.16	0.308	
	18.5-23.9	28.83±3.48	29.15±3.54	-0.93±0.85	<0.001	
	>24.0	35.94±2.9	36.28±3.02	0.13±0.39	0.315	
Absolute fat value (%)	<18.5	10.59±2.28	11.66±2.19	0.37±0.31	0.001	
	18.5-23.9	15.9±3.03	16.67±3.4	-7±9.32	0.015	
	>24.0	25.36±4.34	26.27±4.79	-4.07±8.24	0.077	

	Visceral fat (%)	<18.5	1.04±0.15	1.02±0.13	-8.29±4.49	0.000
		18.5-23.9	0.98±0.18	0.99±0.17	-3.86±4.59	0.008
		>24.0	1.35±0.33	1.31±0.29	-0.34±2.45	0.582
	Skeletal muscle content	<18.5	14.31±1.44	15.16±1.54	-0.91±2.1	0.103
		18.5-23.9	16.36±1.91	17.29±1.99	0.03±0.21	0.516
		>24.0	20.07±2.88	20.49±2.59	0.38±0.55	0.140